

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy.

Your health & safety are our first priority!

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **630**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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B630 06E



VITAMIN WORLD®
get healthy.

B-1

250_{MG}

*Promotes Energy Metabolism**
*Supports Nervous System Health**

Vegetarian Vitamin Supplement

100
EASY TO SWALLOW
COATED TABLETS

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	250 mg	16,667%

Other Ingredients: Vegetable Cellulose, Croscarmellose, Vegetable Stearic Acid, Silica, Vegetable Cellulose Coating, Vegetable Magnesium Stearate.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.